

Natashia Ash

Certified Personal Trainer, BS, CSCS, President



Quote to live by: *“Good health is a journey, not a destination.”*

“I find great joy in inspiring, educating, motivating, and encouraging others to improve their lifestyles. It takes a scientifically sound exercise program, a qualified & motivating trainer, and a committed client to achieve success with their health and fitness goals.”

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Call to Schedule/Questions:

Office: 701-456-2070 Cell: 701-260-8803
Email: healthyresults@ndsupernet.com

Areas of interest in Individual and Group Training Services:

- Strength Training: Machines, Free Weights, & Body Weight
- Cardiovascular Endurance
- Speed, Agility, & Quickness
- Lifestyle Coaching
- Pre/Post Natal Fitness
- 5k Run & Half Marathon Training
- Weight Loss & General Fitness
- ↑ Lean Body Mass, ↓ Body Fat

Offering the following unique services:

- BodyFit Challenge
- Fit Youth Training Camp
- Take 5 Camp
- Half Marathon Running Club
- Fitness Assessments
- Body Fat Testing

Hours Available:

- Tuesday-Thursday; 5:30 am-1:00 pm

Mission Statement:

“Providing direction to attain Healthy Results and inspire everyone to integrate exercise and wellness as a vital part of their life.”

Position:

**President/Owner
Healthy Results, Inc**

Education:

**Bachelor of Science in
Wellness and Business**

Certifications:

- Certified Strength and Conditioning Specialist (CSCS)
- CPR, First Aide